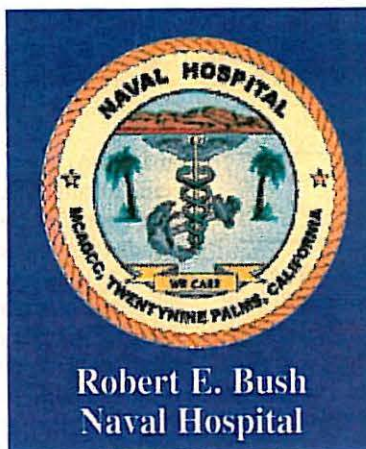




To view all of the Hard Chargers at the Robert E. Bush Naval Hospital...

See Page 5



Robert E. Bush
Naval Hospital

The staff of the Robert E. Bush recently celebrated a Change of Command and Retirement Ceremony.

See Page 3



www.nhttp.med.navy.mil

Introducing Captain Robert J. Engelhart

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

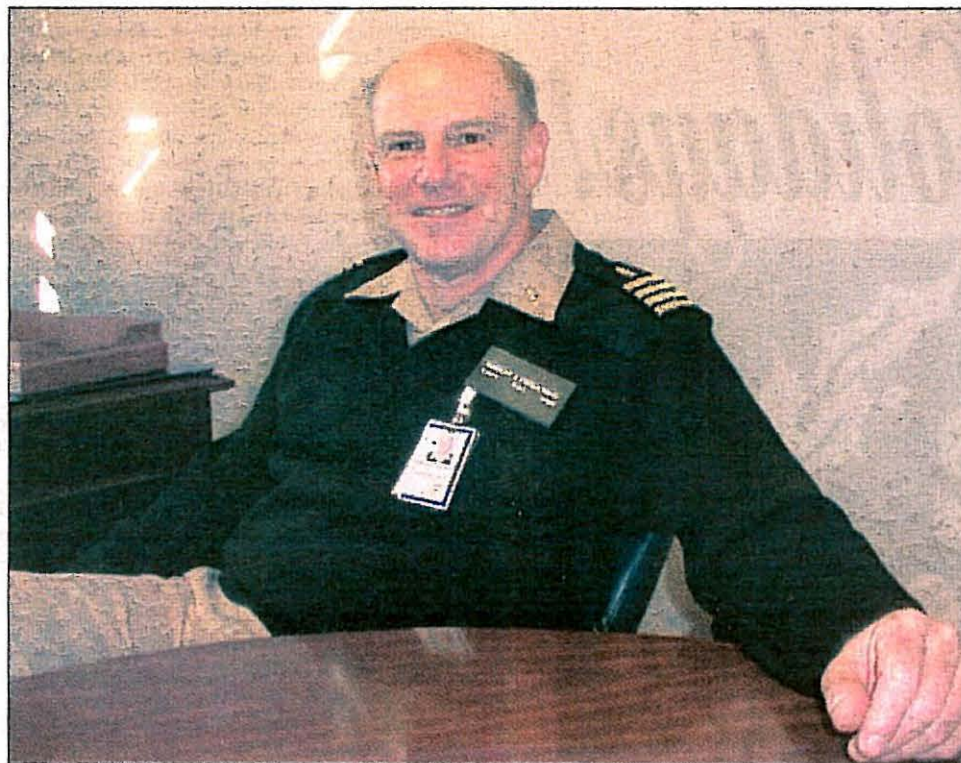
Just in case anyone has missed it, the Robert E. Bush Naval Hospital has a new commanding officer... Captain Robert J. Engelhart, MSC, USN... the seventh person to take on this job.

Engelhart was born in a small town in the bay area of New Jersey, but considers the San Francisco Bay Area as his hometown.

Engelhart joined the Navy in 1967, after graduating from Sayreville High School in Sayreville, N.J. in 1966 and spending a year in college. "I was 19 years old at the time with a year in college behind me, but that wasn't something that I wanted to do, I wanted to get away from home and see the world and have adventure and excitement," said Engelhart.

While in high school Engelhart participated in band as a drummer and competed in wrestling and ran the 100 yard dash and quarter-mile in track. "That was before we had the metric system in track," he pointed out. In addition, while in high school, Engelhart achieved Eagle Scout rank in the Boy Scouts of America. His Eagle Scout project was to clean up and take care of the Morgan Family cemetery. "Legend has it that the cemetery was named for the infamous pirate Henry Morgan, but I was never able to verify that," said Engelhart.

When not busy working for the Navy, the hospital's new skipper enjoys sailing, ski-



Captain Robert J. Engelhart.

ing and antique cars.

"My primary hobby is sailing, however, I probably won't get to do much of that here. That's a life-long hobby that my wife and I have enjoyed and we still belong to several yacht clubs. I also have a 1952 MG that I drive periodically and also belong to several car clubs," said Engelhart.

Please see NEW CO on page 8

Oops...

In last month's issue of *The Examiner*, the PAO (ME) made a mistake. I miss identified our new CO as Richard J. Engelhart, instead of his correct name, Robert J. Engelhart... I am embarrassed and very sorry.

Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Inside...

The days are getting shorter and shorter. It's still dark when you get out of bed in the morning and dark again soon after you get home from work. You just want to scream and you don't know why! *page 2*

A change of Command and Retirement Ceremony took place at the Robert E. Bush Naval Hospital Marine Corps Air Ground Combat Center, Twentynine Palms, California, recently when Captain Lynda A. Salmond, Medical Service Corps, retired and was relieved by Captain Robert J. Engelhart, Medical Service Corps. *page 3*

The Branch Medical Clinic China Lake (BMCC) was recently selected as a 2003 regional winner in the Navy Community Service of the Year Award Program. *page 7*

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Here's to your health...

The Winter-Time Blues Can Strike Anyone

By Martha Hunt, MA Health Promotion Coordinator
Robert E. Bush Naval Hospital

The days are getting shorter and shorter. It's still dark when you get out of bed in the morning and dark again soon after you get home from work. You just want to scream and you don't know why! If you feel this way, you may have what is known as Seasonal Affective Disorder or SAD. The chemicals in your brain are affected by the amount of light you receive every day. When winter hits, you receive less light, the chemistry in your brain changes and you may become depressed.

The symptoms of SAD include:

Sleep problems such as over-sleeping, feeling that no matter how much sleep you get it is still not enough and craving naps,

Overeating of carbohydrates like breads, pasta and sweets and cravings for cigarettes, alcohol or caffeine,

Depression signs such as feelings of despair, guilt, poor concentration, and frustration,

An increase in family problems such as feelings that you want to be alone, grumpiness with your family and friends, loss of intimate feelings for your spouse or partner,

Lethargy which means that you feel too tired to cope with daily chores or needs, you feel as if everything is an effort,

Physical symptoms such as joint pain, stomach problems and an increase in infections, colds and flu, and

Behavioral problems such as outbursts of anger.

The symptoms of SAD last from September to April, but are worst in the darkest months of the year, peaking in December. It is thought that 2% to 10% of all Americans suffer from SAD and the farther north you live, the higher your risk to some or all of the SAD symp-

toms. Also, it appears that SAD affects four times as many women as men and that SAD seems to run in families, implying a genetic component.

The best way to combat SAD is to increase the amount of light that you get every day. This includes getting outside during the day to get any available sunlight, using alarm clocks that gradually awaken you by increasing the amount of light in your bedroom, and buying special boxes that contain fluorescent lights that simulate real sunlight.

Getting outside every day is the first way to improve the symptoms of SAD. Cloudy days still offer up to ten times the amount of light available from indoor lighting. Ways to help you get outside every day include going for walks during your lunch break, eating outside at lunchtime, and running errands. If you can't get outside during the day, try to work near a window if possible.

Light boxes specially designed for SAD also offer a large amount of light and you can use them while eating, reading, or working. Tanning beds are not a substitute for light boxes and can increase your risk of skin cancer as well as damage your eyes.

Dawn simulators are simply alarm clocks with special lighting that gradually wake you up in the morning by increasing the amount of light in your bedroom. These simulators mimic the light pattern that wakes you in the summer months so that you wake up feeling more rested and alert.

Another way to combat SAD is the use of anti-depressant drugs. However, since SAD is more prevalent in women than men, women who may become pregnant should be aware of the risks of anti-depressants and their developing fetus. Finally, if you find that nothing you do helps you to beat the wintertime blues, ask your provider for help. They can refer you to mental health counselors who can coordinate light therapy with stress management and anti-depressants if need be and who can help you work through the blues. You don't have to suffer with the wintertime blues anymore. There is help in the form of light therapy, anti-depressant drugs and counseling that can help you cope with those dark cold winter days.

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Commanding Officer

Captain Robert J. Engelhart, MSC, USN

Executive Officer

Captain Alan R. Rowley, MC, USN

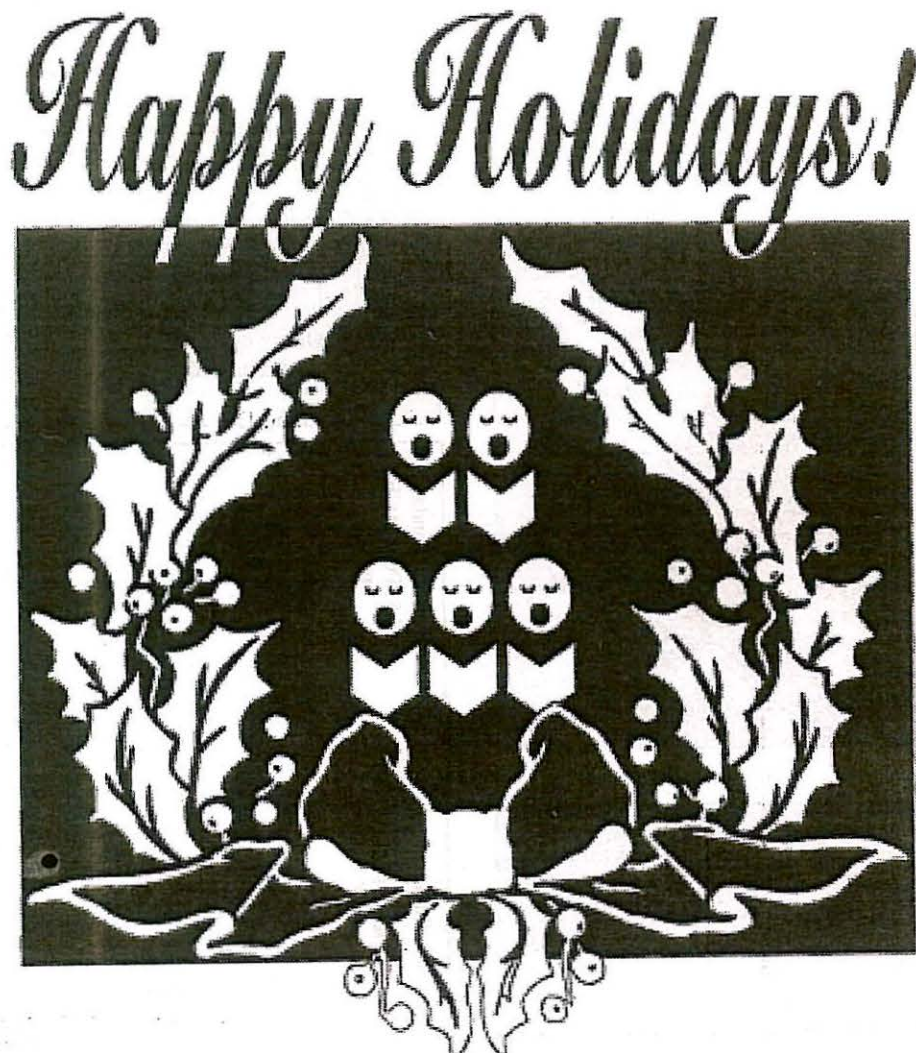
Public Affairs Officer/Editor

Dan Barber

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Change of Command at Robert E. Bush Naval Hospital

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

A Change of Command and Retirement Ceremony took place at Robert E. Bush Naval Hospital Marine Corps Air Ground Combat Center, Twentynine Palms, California, Nov. 21, when Captain Lynda A. Salmond, Medical Service Corps, was relieved by Captain Robert J. Engelhart, Medical Service Corps.

Immediately following the Change of Command, a Retirement Ceremony was held in honor of Capt. Salmond.

Brigadier General Christian B. Cowdrey, Commanding General of the Marine Air Ground Task Force Training Command, Marine Corps Air Ground Combat Center, was the guest speaker for the Change of Command portion of the ceremony.

Rear Admiral Kathleen L. Martin, Nurse Corps, Deputy Surgeon General of the Navy and Vice Chief, Bureau of Medicine and Surgery was the guest speaker for Salmond's retirement ceremony.

In his comments during the Change of Command, Englehart stated, "While change is inevitable, there is so much that cannot and must not change about this command. Commitment to quality of life, unparalleled patient care and patient safety, strong leadership and positive energy must not change." He added, "The awesome accomplishments of the staff of this command...JCAHO accreditation, the Zumwalt Award, the Golden Anchor... all in the pursuit of care to our staff and community... must not change, but change is inevitable and change will occur."

Captain Engelhart, comes to Naval Hospital Twentynine Palms from a tour of duty as Executive Officer U. S. Naval Hospital Guantanamo Bay, Cuba and Deputy Force Surgeon, Joint Task Force GTMO.

Engelhart enlisted in the United States Navy in 1967, entered boot camp in Great Lakes, Ill., in early 1968, and has remained on continuous active duty. After completing Hospital Corps School and an initial assignment to the National Naval Medical Center, Bethesda, Maryland, Engelhart was trained as a Field Medical Service Corpsman at Camp Pendleton.

He was assigned to the 3rd Marine Air Wing, Marine Corps Air Station (Helicopter), Tustin, Calif., and III Marine Amphibious Force, Combined Action Forces, Combined Action Platoon 2-4-7, Republic of Viet Nam as a platoon and company Corpsman.

Returning to the United States for assignment and additional training, and after advancing to Chief Hospital Corpsman, Engelhart was commissioned as an Ensign, Medical Service Corps in 1977. His assignments have included various Financial Management tours in Jacksonville and Pensacola Florida, and administrative tours in Naples, Italy and Alameda, Calif.

Engelhart's prior assignments also include Director for Resources and Managed Care Contract Consultant at TRICARE Region 10,



Captain Robert J. Engelhart speaks at the recent change of command ceremony held at the Robert E. Bush Naval Hospital.

Travis Air Force Base and Director of Resources and Contract Management, TRICARE Region 9, San Diego. Engelhart has served as Comptroller and Director for Resources at Naval Medical Centers, Oakland and San Diego, and most recently as the Executive Officer, U. S. Naval Hospital, Guantanamo Bay, Cuba and Deputy Force Surgeon, Joint Task Force GTMO.

Engelhart's military awards include the Defense Meritorious Service Medal with two oak leaf clusters, Meritorious Service Medal with two gold stars, Joint Service Commendation Medal, Navy Commendation Medal with gold star, Navy Achievement Medal with Combat Distinguishing Device and gold star, Air Force Achievement Medal, Combat Action Ribbon, Good Conduct Medal with 2 stars and various unit, campaign and service awards.

Engelhart has earned a Bachelor of Business Administration from the University of North Florida, and a Master of Science, Business Administration from Boston University. He is a member of the Healthcare Financial Management Association and Diplomate, American College of Healthcare Executives (CHE).

Engelhart is married to Susan Ochs Engelhart. Their daughter, Dr. Heather M. Engelhart, is a Navy Lieutenant stationed at Naval Medical Center, San Diego.

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Healthwatch...

The Cold, Hard Facts on Flu

By Cmdr. Kevin Haws, Pediatric Nurse Practitioner
U. S. Naval Hospital, Yokosuka Public Affairs

YOKOSUKA - Colds and flu make us feel lousy each year, and can cause serious complications. Knowing the symptoms, providing supportive treatment, and seeking medical care at the appropriate time are important health care measures.

Colds are common, minor respiratory illnesses. There are over 100 different viruses that cause colds. After a brief incubation period a cold will produce a mild to moderate fever, runny nose, a mild cough, and perhaps a sore throat. Symptoms will last seven to ten days. Most people will quickly recover especially if they drink plenty of fluids, get extra rest, and take medication to reduce fever and discomfort.

Influenza (flu) is a more intense and potentially serious illness. Similar to the common cold, influenza is spread when an infected person coughs or sneezes. Influenza symptoms

include fever, muscle aches, headache, lack of energy, dry cough, sore throat, and runny nose. The fever and body aches can last three to five days and the cough and lack of energy can last two weeks or more.

Children and teenagers suffering from flu-like symptoms should not take aspirin because of the possibility of Reye's syndrome. Some medicine labels may refer to aspirin as salicylate or salicylic acid. Children with Reye's syndrome start vomiting and become drowsy within a few days of becoming sick. This disorder can affect all body organs and lead to brain damage or death.

While an effective vaccine against colds hasn't been developed, influenza vaccine remains the best way to prevent and control the flu. The vaccine is given in late fall prior to the onset of the flu season. The protective effect of the vaccine reaches a peak in a few weeks.

Influenza and other viral infections do not respond to antibiotics used to treat bacterial infections.

Healthcare providers will treat cold and flu complications such as sinusitis, ear infections, and pneumonia, a bacterial infection that may require antibiotics. For some people, colds and flu can aggravate underlying medical conditions like heart disease and asthma.

Signs of trouble might be a cough that gets so bad it disrupts sleep, a fever that won't go down after several days, increased shortness of breath, and pain in the face because of a sinus infection. Another warning sign is after feeling better for a short time, you start to feel worse and experience a high fever, chest pain, or have increased difficulty breathing.

For more information about colds and flu or other illnesses, talk with your health care provider.

Serving in Iraq Prevents Sailors and Marines from Donating Blood for One year

By Bureau of Medicine and Surgery Public Affairs

WASHINGTON - Sailors and Marines who served in Iraq will not be able to give blood for one year after leaving that country. The restriction was put in place by the Armed Services Blood Program (ASBP) to safeguard the military's blood supply after several service members in Iraq were diagnosed with leishmaniasis. Leishmaniasis is a parasitic disease spread by the bite of infected sand flies.

ASBP manages the blood program for the Department of Defense and provides blood products to support worldwide military operations. The restriction applies to the entire country of Iraq and to all who travel there.

"There has always been country and travel restrictions that ban certain groups of people from giving blood. Different countries have different risks for diseases. Most people are familiar with the Food and Drug Administration's restrictions for people who travel to the U.K. and were potentially exposed to Creutzfeldt-Jakob Disease, also known as Mad Cow disease. There are similar restrictions for Severe Acute Respiratory Syndrome-affected areas and malaria-affected areas. The leishmaniasis ban is for a specific geographic area and affects all military personnel who have traveled to Iraq," said Cmdr. Michael Libby, director of the Navy Blood Program.

"The impact on Naval Medicine's blood supply is difficult to project at this time. We do know that 20 percent of the military donate blood so the loss of donors could be significant," added Libby.

"The impact is nothing we can't overcome," he added. "We have donor centers located near recruit training centers and military schools that allow us to call on donors who are not part of the population at risk and who haven't traveled abroad yet." Naval Medicine's blood donation sites which are part of the AFBP are the National Naval Medical Center, Bethesda, Md.; Naval Hospital Camp Lejeune, N.C.; Naval Hospital Great Lakes, Il; Naval Medical Center, Portsmouth, Va.; Naval Medical Center San Diego, Calif., and the U.S. Naval Hospital, Okinawa, Japan.

"This new restriction is intended to guarantee that the military's blood products are safe. The restriction also protect the health of the donors and the patients who receive life-saving transfusion," said Libby. "This is a time for new donors to volunteer and for current donors to consider donating more often. Their efforts will go a long way to counter any potential shortages."

Life's Lesson...

Some days you are the bug... some days you are the windshield.

Patient Safety...

Using Everyday Drugs

Lt. Daniel Anthony
Risk Management Advisory Committee
Robert E. Bush Naval Hospital

As we move into the colder months, there can be an increase in our consumption of over-the-counter (OTC) medications. We take these OTC pills so often that we sometimes forget that drugs such as Aspirin, Motrin, and Tylenol can cause serious side effects if taken inappropriately.

This month we would like to discuss the drug acetaminophen, more commonly known as Tylenol.

In two recent articles from the Institute for Safe Medication Practices (ISMP), the authors discussed the possible catastrophic effects of excessive acetaminophen intake. Over each of the last few years, approximately 27,000 accidental childhood acetaminophen overdoses were reported. Death is rare. However, one instance was cited of a 10-year-old placed in intensive care due to acetaminophen overdose, who suffered from irreversible liver, kidney, and brain damage.

Unfortunately, there are several ways in which such unintentional overdoses can occur. In certain formulations, the infant liquid acetaminophen is more potent (concentrated) than the same amount of the pediatric liquid. If parents confuse the two bottles, they can actually give the pediatric child a much higher than intended dosage by using the infant's formulation.

For this and other reasons, parent education about this drug must be on-going. Parents are encouraged to discuss proper label-reading and drug administration with their health-care providers during their well-baby visits and routine visits for older children. Parents are strongly advised to keep all drugs out of the reach of children and to supervise the child each time a medication is given. If the parent has any questions at all, a simple call to the clinic or to the emergency room (weekends or after-hours) can help avoid calamity.

We are committed to the on-going education of our beneficiaries to keep every member of our military family healthy and able to enjoy the winter months here in the desert. To this end, we wish each and everyone a safe and happy holiday season.

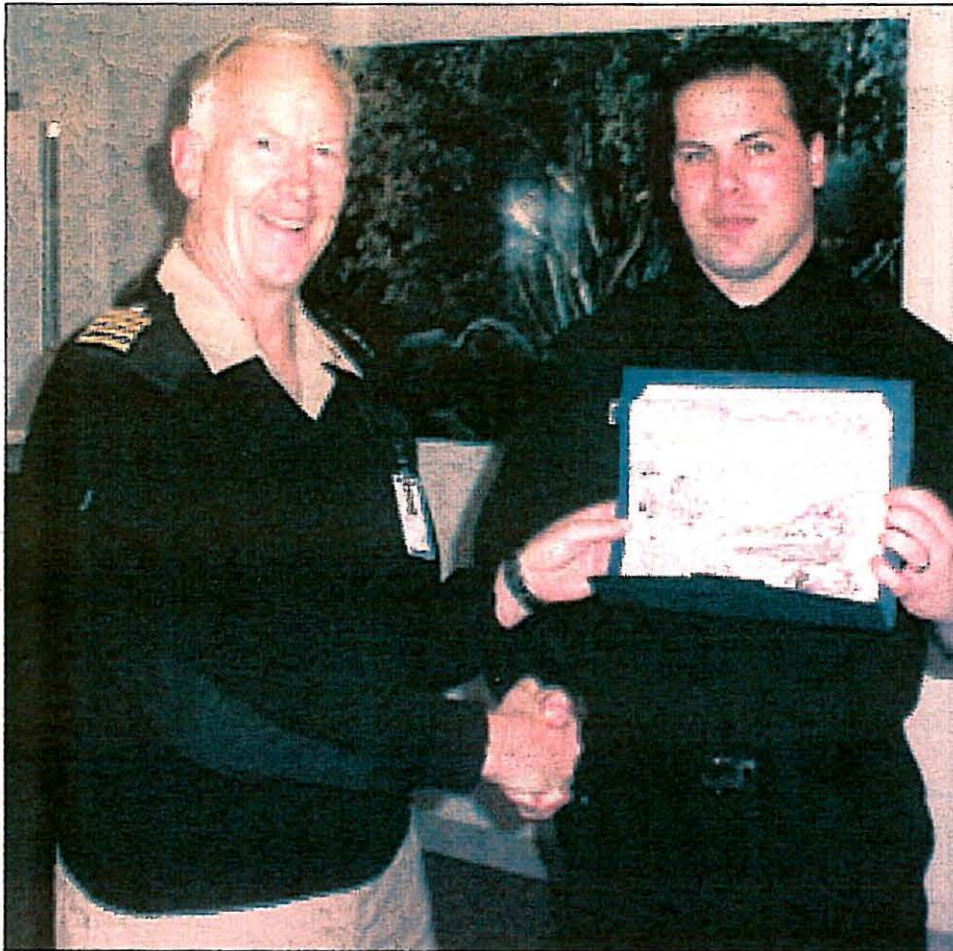
Hard Chargers...



YN2 Maria Kilpatrick takes the oath of reenlistment from Lt. Rodney Hoover.



HM2 Carlos Romero, of the hospital's Radiology Department, receives a Navy and Marine Corps Achievement Medal from Captain Robert J. Engelhart, Commanding Officer, Robert E. Bush Naval Hospital.



HM3 Joseph Rivet, of the hospital's Family Practice Clinic, receives his honorary Desert Rat Certificate from Captain Alan R. Rowley, Executive Officer, Robert E. Bush Naval Hospital.



Lt. Cmdr. Sharron Yokley, the hospital's Customer Relations Officer, receives a Navy and Marine Corps Commendation Medal from Capt. Rowley.

The holidays are coming! Are you ready?

Here are some tips to help you cope with holiday stress!

Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital

The holidays are meant to be times of quiet reflection and renewal for the New Year, however, society tells us that we must do more, be more, buy more and in general wear ourselves out over the holidays. We need to stand back and realize that we have the right to sane, balanced holidays. Once we do that, we will find that the holidays can be filled with love, joy and renewal. Lets start with your Holiday Bill of Rights!

- * You have the right to take care of yourself (diet, rest & exercise)
- * You have the right to not be happy all the time.
- * You have the right to be alone sometimes (down time)
- * You have the right to turn down invitations to parties.
- * You have the right to ask for help when feeling overwhelmed.
- * You have the right to give gifts you can afford.
- * You have the right to say no to extra drinks, food, tobacco, etc.
- * You have the right to not ride with a drunk driver.
- * You have the right to take away the keys if some one has had too much to drink.
- * You have the right to be nice to people who are not handling holiday stress well.

Other ways of making the holidays include make a 'To Do' list of what you want to see or do over the holidays. Then cut it in half. This way you will do what is really important and enjoy it more.

Let go of family traditions that are impossible to keep. The important part of the holiday is being with loved ones. Aunt Minnie wont mind if you don't use her tablecloth on the dinner feast so long as the spirit of the holiday is kept.

Make a budget and keep to it! Avoid shopping when you are tired, as you may get distracted and spend too much on impulse purchases. Also, draw names so that you are not buying gifts for the entire family.

Before buying someone a gift, stop to think 'does Joe really want this or is it something I am buying for myself'. This way, Joe will be sure to get something he likes and he'll know you took his likes/ dislikes into account. Remember, most women do not see a new power tool as being a gift from the heart.

Consider giving home made gifts. These show that you were thinking of the person and that you took the time to be creative just for them! If wheels are involved in any of those holiday gifts, remember to also give the needed safety equipment such as kneepads and helmets.

Get at least 30 minutes a day of exercise. This will help you to not over eat or to at least help work off the extra piece of pie. If you are going north for the holidays, make sure you get enough sun light every day to keep away the winter blues or Seasonal Affective Disorder (SAD).

So that your holidays remain safe for everyone, never drink and drive. Also, make sure all of your smoke and carbon monoxide detectors are working and never leave candles or trees

with lights unattended. Make sure all holiday foods are properly prepared and stored so that no one gets sick from unwanted bugs such as food poisoning.

Don't let those one line 'zingers' get to you. (Have you put on weight? You didn't have this much gray hair last year? When do we get a new grandchild? When is your next promotion?) Rise above the criticism, sarcasm, jealousy, advice and lectures. All that matters in the end is if *you* are happy in your life.

Sometimes we seem to stress ourselves out as well as let others do us in. Here are some suggestions for not pushing our own buttons. Change how *You* think about the situation or person. Change your *perception* of the event or person that is stressing you out and take responsibility for your reaction to that person or event.

Keep a stress journal of what or who stresses you out and what you can do to change the situation. Look at the stressing situation as "A + B = C" where A is the activating event (the in laws are coming!), B is your belief (they will pick on me!), and C is the consequences (stress!)

How can you change your thinking about this event and be less stressed out? A, the activating event, is still the same, the in laws are coming for the holidays. You have to change B, your belief that "they will pick on me", to 'they will only be here a few days' 'I cant change them to live up to my expectations' and 'it's not the end of the world'. Then, C, which are the consequences, will be that you are less stressed and better able to enjoy the holidays for what they are, time to spend with family and friends and cherish the moment!

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Every Thursday in the Mental Health Clinic
Conference Room of the Robert E. Bush Naval
Hospital from 12:30 to 2 p.m.

For more information call 830-2584 or 830-2935

TRICARE Prime Patient Have Access Priority at Naval Hospital

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

All eligible beneficiaries for medical care in a Military Treatment Facility have access to that care here at Naval Hospital Twentynine Palms; however, patients enrolled to TRICARE Prime have priority, all others receive treatment on a space available basis.

Since it's beginning, Naval Hospital Twentynine Palms has strived to be a real patient pleaser and provide the best health care possible and to constantly seek ways to improve access to that care.

To ensure you get priority access to health care, you are urged to enroll your family in TRICARE Prime and select Naval Hospital Twentynine Palms as your Primary Care Facility. If you chose this option you have access priority. Your access to care will include assignment to a Primary Care Manager (PCM) by name. Your PCM or a member of his or her team will manage all of your wellness concerns, to include:

- * Physicals
- * Pap Smears
- * Minor Procedures
- * Well Baby Visits
- * Telephone Consults

If you opt instead to use TRICARE Standard benefits, then your wellness visits will be limited to space available. For acute issues the hospital's Acute Care Clinic will still be

available to you. Please understand that TRICARE Standard patients are not assigned to a PCM and do not receive the same benefits as a TRICARE Prime patient.

Under the TRICARE Standard plan, active duty family members or retirees can see the authorized provider of their choice, however, having this flexibility means that care generally costs the patient more. Active duty personnel are not eligible to use TRICARE Standard for themselves and are automatically enrolled to TRICARE Prime.

There are some advantages and disadvantages to using TRICARE Standard:

Advantages:

- * Broadest choice of providers;
- * Widely available;
- * No enrollment fee; and
- * You may also use TRICARE Extra

Disadvantages:

- * Patient pays:
 - Deductible
 - Co-payment
 - Balance if bill exceeds allowable charge and provider is non-participating (up to 15 percent additional).
 - Beneficiaries may have to do their own paperwork and file their own claims.

To obtain more information about TRICARE visit the Robert E. Bush Naval Hospital's TRICARE Service Center.

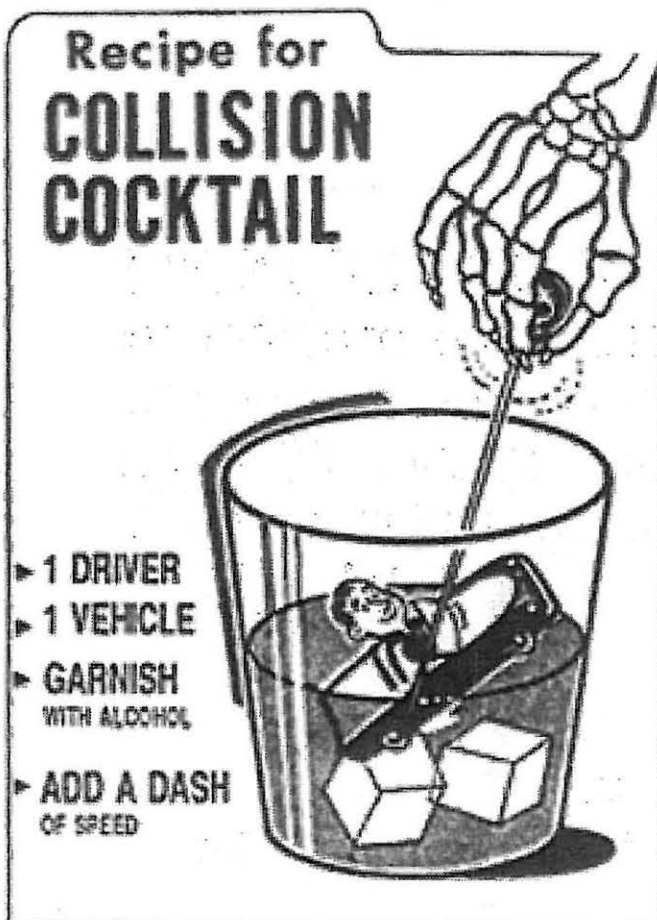
Branch Medical Clinic China Lake Receives Community Service Award

BRANCH MEDICAL CLINIC CHINA LAKE, Calif. – The Branch Medical Clinic China Lake (BMCC) was recently selected as a 2003 regional winner in the Navy Community Service of the Year Award Program.

The BMCC was selected for the honor for Health, Safety and Fitness, shore for a command size of less than 200 people, for their participation in the American Cancer Society's Annual Relay for Life fundraiser held in October of last year. The Relay for Life is a 24-hour event to raise money for cancer research. 34 staff members of BMCC participated in this event, raising approximately \$4,500.

The BMCC is active throughout the year in other charitable events such as Habitat for Humanity and the Special Olympics. "I am proud of our commitment to extending the health and wellness of our community beyond the walls of BMC China Lake," said Lt. Cmdr Geralyn Haradon, Officer in Charge, BMCC. "We hope to continue to foster this productive partnership with our local civilian health care and community organization," she added.

Branch Medical Clinic China Lake is now eligible to compete Navy wide for the Community Services award.



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NEW CO...

Continued from page 1

Engelhart and his wife sailed primarily in the San Francisco Bay area in competitive racing on the local as well as the national level. They also did some cruising.

Engelhart would like to plan a ski trip this season with some of his friends from the Bay Area.

When asked about his leadership philosophy, Engelhart replied, "There are a number of leadership models to follow, I can pick and choose from any of the various models. I am very comfortable with the situational leadership model where one assumes various roles depending upon the follower ship involved."

"I am very straight-forward," said Engelhart. "Our job is to take care of those who are entrusted to us. We need to meet the Quality of Life needs of our own staff as well as those who seek our services," he added.

"Performance is the key to success," said Engelhart. "Do the job not only as well as you can, but to be really successful, do it better than anybody can reasonably expect. Be a good person and live by the Navy's core values of honor, courage and commitment. Following this leads to a successful life as well as a successful career," he added.

Since coming to Twentynine Palms, Engelhart has found everyone to be friendly. People here seem to be friendly, even those who don't know who I am that I have come into con-

tact with in various businesses in town are really nice," said Engelhart. "I am very pleased to be here," he added.

"I'm really pleased to be here," said Engelhart. "I'm pleased to be the commanding officer of a fine group of people, I'm proud to be their shipmate. I've been in the Navy for a long time and I have had the privilege to work with many great people. My success has been their success; I look forward to that being the case here. As I walk around the hospital I see the superstars doing the things that they do in taking care of people. It can be hard work, but it's also rewarding."

"Do the job not only as well as you can, but to be really successful, do it better than anybody can reasonably expect. Be a good person and live by the Navy's core values of honor, courage and commitment. Following this leads to a successful life as well as a successful career,"

**"YOUR FAMILY IS THE MOST IMPORTANT THING IN YOUR LIFE.
THEIR HEALTH IS THE MOST IMPORTANT THING TO US"**

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